

TOP 10 YOGA POSES FOR COMPLETE BEGINNERS

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As a beginner to the art of [yoga](#), 'slow and gradual' are the words to be. Being a highly intense science, it takes series of steps and stages for a person to complete evolution into a yogi. In fact, the evolution is never nearly complete. It is a science that takes an entire lifetime to explore its depth while parts of it would still remain untouched and under the shadow.




Revealing the wisdom of its cause

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As a beginner level yogi, the first thing that needs concentration is the conjuration of ‘Strength, Flexibility, and Balance” in the body and mind both. If you have set on the yogic excursion and are looking for a route, a process that can help you build up to the ‘slow and gradual’ processes of [yoga](#) then roll out the yoga mat for the best yoga workout for beginners. Mentioned below are the top ten [yoga exercises for beginners](#) that are going to build you on a mental, physical, and spiritual level and shall prepare you for advanced, more serious practices.

Tadasana (Mountain Pose)



This pose marks the beginning of series for the best yoga positions for beginners and is highly effective for building strength and balance in the entire body. The value of the pose is synonymous with its name. ‘Tada’ which implies ‘Mountain’ represents the strength of a mountain – tall, unrelenting and undefeated. This pose is excellent for giving a warm-up stretch to the entire body from neck to toe.

Vrikshasana (Tree Pose)



Move into the tree pose from Tadasana by lifting the left leg and placing it on the inner right thigh. Balance your body and mind until your body stands firm like the tree on the right leg. Focus on the breath and lift both your arms into the air above the head to join your hands in Namaste Mudra.

Adho Mukha Svanasana (Downward Facing Dog)



Make the next move with the Adho Mukha Svanasana. The pose is one of the most followed yoga stretches for beginners. Pull yourself into an ‘Inverted-V’ position and feel a thorough stretch and tone in the spine, legs, calves, and hamstrings. While the steadiness required in maintaining the composure in this pose contributes to building strength and balance.

Virabhadrasana (Warrior-I)



Follow into the classic Warrior pose for working the curvature of the spine, hips, and legs while feeling mentally empowered with the grace and demeanor of the pose. As one of the widely recognized yoga moves for beginners, the pose is going to fill your mind and body with grace, strength, and stability.

Trikonasana (Triangle Pose)



Feel alive from within when performing the triangle pose. This pose gives rise to an instant surge of energy and is highly beneficial for promoting deep breathing mechanism in the body. Apart from providing an excellent tone and stretch in the hips and oblique muscles, the pose is great for building concentration from within the spirit.

Utkatasana (Chair Pose)



Pretending to sit in the chair while there isn't any, is not just theatrics but also acts as one of the best yoga steps for beginners. Feel a surge of energy burn through your lower body while experiencing an elongation in the spine while performing this pose. Be careful not to lose balance though.

Bhujangasana (Cobra Pose)



While the king of snakes can be ferocious to look at for a number of people, certainly getting into the moves of it can be highly beneficial for the body's health. Rest on the mat on your stomach and raise the upper body to the curvature of the spine. Experience a deep stretch in the torso and the legs as you perform it. Close your eyes and remain in the pose for a few seconds for complete relaxation of the mind.

Baddha Konasana (Cobbler's Pose)



Flex up even the most unreachable areas of your body with the Baddha Konasana. Sit on the mat in the position of the Cobbler, the soles of your feet aligned with each other. While grasping the feet with your hands flap your thighs like the wings of a butterfly. An excellent pose to release even the most dormant muscles in the lower body while strengthening the spine.

Balasana (Child's Pose)



Relax like a child with this pose and let the worries of the world fade away in it. The pose not only helps your body relax but also stills the mind and aligns it with the center of your heart.

Savasana (Corpse Pose)



Concluding the yoga for beginners series in Savasana is an ideal way to end a perfectly balanced yoga series. Spare a few minutes into this pose and let your mind, body, and soul sink in perfect harmony with each other before you head out for the day – feeling completely relaxed and rejuvenated.